**Outdoor Recreation and Health Web Resources**

**All Trails** – you can search for hiking, biking, and walking trails across PA and the country on the site, or download their mobile app to locate trails on the go – [www.alltrails.org](http://www.alltrails.org)

**Explore PA Trails** – a good site to find trails near you, including an interactive Google map feature and calendar of hiking events – <http://explorepatrails.com>

**Get Outdoors PA** – this site has an events calendar for outdoor activities across the state, as well as a map to locate places to recreate outdoors and the activities you can do there – <https://getoutdoorspa.org>

**Good for PA** – this website provides a searchable list of all local and state parks in Pennsylvania – <http://goodforpa.com>

**The Health and Social Benefits of Recreation** – this online publication from California is still relevant for PA in that it provides data and examples on the myriad benefits – [www.parks.ca.gov/pages/795/files/health\_benefits\_081505.pdf](http://www.parks.ca.gov/pages/795/files/health_benefits_081505.pdf)

**PA Department of Community and Economic Development** – their Outdoor Recreation page provides many different places and types of outdoor recreational opportunities with links to more information – <http://dced.pa.gov/pennsylvania/quality-of-life/outdoor-recreation>

**PA Department of Conservation and Natural Resources** - includes information on numerous outdoor recreational activities that State Parks and State Forests across the state have to offer) – [www.dcnr.state.pa.us](http://www.dcnr.state.pa.us)

**PA Fish and Boat Commission** – provides maps of the water trails in the state for kayaking and canoeing as well as places to go fishing (and buy a license) – [www.fishandboat.com](http://www.fishandboat.com)

**PA Game Commission** – provides information on places to go hunting and the times of year you can do so for different animals, and provides place to buy a hunting license – [www.pgc.state.pa.us](http://www.pgc.state.pa.us)

**PA Hikes** – another source for finding hiking trails in the state with great photos and links to hiking clubs and hiking tips – [www.pahikes.com](http://www.pahikes.com)

**PA Parks and Forests Foundation** – includes information on the health benefits of outdoor recreation as well as State Park and Forest Friends’ Groups that offer outdoor community service opportunities – <http://paparksandforests.org>

**PA Outdoor Recreation Plan** – want to know what types of recreation are important to Pennsylvanians? This online plan, updated every five years, provides good data – [www.paoutdoorrecplan.com](http://www.paoutdoorrecplan.com)

**PA Recreation and Park Society** – this site helps you find a community park near you, has a calendar of park related events, discusses the benefits of recreation, and can connect you to local recreation professionals – [www.prps.org](http://www.prps.org)

**Partnership for Better Health** – this organization works in the region to tackle today’s toughest health challenges – [www.forbetterhealthpa.org](http://www.forbetterhealthpa.org)

**Physical, Social, Emotional & Intellectual Benefits of Outdoor Recreation** – this site provides quick sound bites about the myriad benefits of outdoor recreation – <http://healthyliving.azcentral.com/physical-social-emotional-intellectual-benefits-outdoor-recreation-3188.html>

**South Mountain Partnership** – includes information about this region in south-central PA, a “Get Out & Explore” mobile app that you can download, and upcoming events – <http://southmountainpartnership.org>

**Visit Cumberland County** – find out about things to do, upcoming events, and other relevant information about the county here – [www.visitcumberlandcounty.com](http://www.visitcumberlandcounty.com)